



Safe Ways to Get Your Kids to School

- Does your child's school have a Safe Routes to School plan? *Don't know?...ASK! If they don't...ASK WHY NOT!*
- Walk or ride bicycles to school—use paths, sidewalks, crosswalks, and bicycle lanes.
- Start a walking school bus or bike train with your neighbors.
- Walk to the bus stop together.
- Make sure you and your children wear properly fitted bike helmets.

Contact Safe Kids Benton-Franklin
(509) 460-4214 for more information.



Did you know?

A "Complete Street" makes it easier and safer for you and your family to get where you want to go!

Find out if your City supports
"Complete Streets" Policies.



VISION

We are proactive leaders uniting knowledgeable staff and proven practice with strong partners and informed residents to form a resilient, healthy community where all of us can learn, work, play, and thrive to our greatest potential.

MISSION

We provide all people in our community the opportunity to live full productive lives by promoting healthy lifestyles, preventing disease, reducing injury and protecting our environment.

VALUES

Excellence
Diversity
Communication & Collaboration
Integrity & Accountability
Effectiveness

Benton-Franklin Health District

7102 West Okanogan Place
Kennewick, WA 99336
Phone: 509-460-4200

412 West Clark Street
Pasco, WA 99301
Phone: 509-547-9737
Website: www.bfhd.wa.gov



**HEALTHY COMMUNITIES
HEALTHY CHOICES**

TIPS FOR PARENTS

Changing Habits Step by Step



**Prevent * Promote * Protect
Your Health is Important!**



General Facts about Diabetes

Diabetes Has Different Causes

Type 1

People with Type 1 diabetes often have auto-antibodies or proteins that attack the body's own tissue so they don't make insulin and often need to take insulin shots. This form of diabetes most often occurs in children and teens.

Type 2

People with Type 2 diabetes have insulin resistance and may need pills to help control their blood sugar.

Risk Factors You CAN Control

- ◆ Being overweight or obese
- ◆ Eating unhealthy foods
- ◆ Inactive (sedentary) lifestyle
- ◆ High blood pressure
- ◆ High cholesterol



The Gene Pool

Some people already have diabetes, or are at a greater risk of becoming diabetic because of their genes.

The good news is that in most cases, diabetes can be managed.

If you have a family member with diabetes or high blood sugar (prediabetes), take time to learn about it. Know your family's risks and choose a healthy lifestyle.



*Ask your
Doctor what
your Glucose
numbers are.*



Did You Know?

Obesity is the second leading cause of preventable death and disease in the world; tobacco is number one..

- Obesity can lead to Type 2 diabetes, heart disease, cancer, liver disease, problems breathing and sleeping, infertility and depression.
- In 2011, our community ranked as the **9th** most obese metropolitan area in the U.S.
- About **60%** of adults in Benton & Franklin Counties are either overweight or obese.
- According to the CDC, average medical costs are **\$1,429** higher each year for people with obesity compared to people of normal body weight.



What You Can Do!

Exercise is good for you; it lowers stress levels, helps your brain activity and sets a good example for family and friends to do the same!

Get Going... Get Moving...

- Park farther from building entrances and walk.
- Take the stairs whenever possible.
- Use FREE services such as hiking trails, walking paths, public pools, playgrounds, skate parks, tennis and basketball courts.
- Limit or reduce time spent sitting in front of a TV, computer, or other electronic devices.



Eat Healthy...

You can still eat some of your favorite foods & save money!

Try these easy tips:

- ◆ Drink water and low fat milk and reduce or eliminate sugary drinks.
- ◆ Read nutrition food labels & learn about portion sizes.
- ◆ Eat a variety of healthy foods: fruits, vegetables, whole grains, and lean meats.
- ◆ Eat a healthy breakfast it's the most important meal of the day.
- ◆ Eat less foods high in fat & calories.
- ◆ Ask questions. Your family doctor or BFHD WIC staff are there to help.

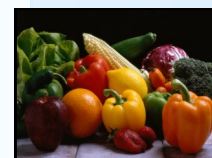
5210 Numbers to
LET'S GO! Live by...

5 or more servings of fruits & vegetables

2 hours or less recreational screen time

1 hour or more of physical activity

0 sugary drinks



**CHOOSE HEALTH!
HAVE FUN
& BE SAFE!**